



Newsletter  
July 16, 2008

Questions to [sharks@lrcc.org](mailto:sharks@lrcc.org)

### Home Meet this Saturday

Our second and final home meet will be this Saturday, July 19th against Pala Rancho. If plans have changed and your swimmer cannot attend, please email [Booroojian@earthlink.net](mailto:Booroojian@earthlink.net). After Friday evening, please call 807-6626 and leave a message.

Arrive early enough to be in the pool at 7:00 am for warm-ups. Please use the following lane assignments for warm-ups:

- Lane 1 – all 13 to 18 boys and girls
- Lane 2 – all 11/12 and 9/10 boys
- Lane 3 – all 7/8 and 9/10 girls
- Lane 4 – all Beginning Group swimmers

Again, please set up on the basketball court area and leave the area under the trees for Pala Rancho.

ALL SWIMMERS – As a courtesy to all swimmers, please remember to stay in the pool until all swimmers in your heat have finished swimming. (Relay swimmers 1

through 3 must exit the pool immediately upon finishing and may not re-enter the pool. Only swimmer 4 stays in the pool.)

After the meet, please help restore the club to its original condition. A Clean Up Checklist will be posted on the event board. Some of the things that need to be done, among others, are returning lounge chairs, chairs and tables to their original positions, removing lane lines (reel needs to be returned from outside the fence by the dumpster) and dive blocks, returning club canopies to their original positions, folding and storing canopies with "Sharks" written on the legs, replacing ladders to the pool, emptying trash cans and replacing liners, etc. We will be having an ice cream treat after completion of clean up of the pool area. A big thank-you to all who helped out after the last meet to get the facility back in shape!

### Champ Ads – Due Monday

Anyone interested in purchasing space to cheer on your swimmer or advertise your business, remember the deadline is this Monday, July 21<sup>st</sup>. Place order form with ad copy in the Booroojian mail folder. **Ads must be camera ready!** Extra order forms are available in the newsletter folder in the mail folders box. No late orders can be accepted. All proceeds from our ads go directly to the Sharks this year.

### Next Week's Activities

**Practice Schedule** – There will be no clinics next week. The Beginning Group will have practice from 9:30 to 10:00 on Tuesday, Wednesday, Thursday and Friday in addition to the regular afternoon practices.

**Pancake Breakfast** - Thursday, July 24<sup>th</sup>  
Enjoy a wonderful breakfast with your teammates right after your morning practice. Breakfast will begin after each practice ends (at 8:30, 9:30, and 10:00).

### Schedule for Friday, July 25<sup>th</sup>

**AM Practice Schedule** –  
Advanced Group – 8:00 – 8:45  
Intermediate Group – 8:45 – 9:30  
Beginning Group – 9:30 – 10:00  
There will be no afternoon practice on Friday.

Friday evening - Come and carbo-load with all of the Sharks families for a festive evening as we prepare for the Big Event on Saturday.

Spaghetti, Salad, Bread, and Drinks will be provided.

### 2008 Calendar

7/19	Pala Rancho at Sharks
7/24	Pancake breakfast
7/25	Spaghetti Feed
7/26	Championships at Sobrato High
7/26	Awards Night at pool 5-9

Under federal anti-spam rules, this is a "relationship" message when sent to current LRCC and Sharks swim team members and a "promotional" message when sent to non-members. To unsubscribe from all LRCC e-mail lists, including the Sharks swim team newsletter, reply to this e-mail with "remove" in the subject line. (LRCC and Sharks swim team members who unsubscribe will no longer receive membership benefits and updates that are announced by e-mail).

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